

Shining a Light – Depression and the Holidays

Mindfulness-Based Skills for People with Depression

with Kitsy Schoen and Mushim

The holiday season can be a challenging time for many people. Mindfulness-based practices can help put a spacer between us and the negative symptoms of depression. With that bit of breathing room, we can begin to make small changes that, when practiced over time, can help manage downward mood swings and negative thinking. This introductory workshop will include sitting meditation with guidance, information-packed talks, skill-building exercises, and a supportive community environment to get you started in these helpful practices and to identify ways to better manage holiday stresses.

Open to anyone with depression

Please do not register if you took this workshop earlier this year



Kitsy Schoen, LCSW is a graduate of the Community Dharma Leader Program of Spirit Rock Meditation Center. She currently runs a mind/body mental health education program at Kaiser Oakland. Kitsy has taught Managing Depression classes for over 10 years and knows firsthand how powerful the combination of mindfulness and cognitive therapy skills are in reducing depression.



Mushim is a core teacher at EBMC, writer, and diversity consultant. She has taught transforming depression and anxiety workshops at EBMC for the past several years and practices the skills she teaches.

www.mushim.wordpress.com

Sunday, December 18, 2011

10 am - 5 pm

East Bay Meditation Center

www.eastbaymeditation.org

2141 Broadway Street, Oakland, CA 94612

(enter off of 22nd Street)

Register at www.eastbaymeditation.org

or email admin@eastbaymeditation.org

for registration information

Space is limited & registration is required

Cost: The teachings are regarded as priceless. So they are offered without a fee. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the meditation center and the support of the teachers.



In order to protect the health of community members with environmental illness, please do not wear fragranced products (including "natural" fragrances) or clothes laundered in fragranced products to EBMC.